

Advanced 1

- Students will be working on learning new strokes also perfecting the stroke that they already know. (9- 10 years)
- Entry Test
 - Swim front and back crawl 15 yards
 - Swim breast stroke 15 yards
 - Front crawl flip turn
- Skills
 - Front crawl 25 yards w/rotary breathing
 - Back crawl 25 yards
 - Back crawl flip turn
 - Elementary backstroke 25 yards
 - Breast stroke 15 yards
 - Butterfly kick
 - Butterfly arms
 - Butterfly 5 yards
 - Sidestroke kick
 - Sidestroke arms
 - Sidestroke 5 yards
 - Swimming in the deep end
 - Shallow dive
- Exit Test
 - Sidestroke 5 yards
 - Swim front crawl and back crawl 25 yards continuously
 - Front and back crawl flip turns

Advanced 2

- Students will be perfecting strokes and working on distance and endurance. (10 & up)
- Entry Test
 - Swim all strokes with ease for a short distance
 - Standing dive off the diving board
- Skills
 - Front crawl 50 yards
 - Back crawl 50 yards
 - Elementary backstroke 50 yards
 - Breaststroke 25 yards
 - Breast stroke flip turn
 - Butterfly 25 yards
 - Butterfly flip turn
 - Sidestroke 25 yards
 - Pike and tuck dive
- Exit Test
 - Be able to swim 200yards using all strokes
 - Breaststroke and butterfly flip turn

Pre Swim Team

- Students will learn what it is like to be on a swim team. They will learn how to use swimming for fitness. (8 and up)
- Skills
 - Freestyle 200 Yards
 - Back Stroke 150 Yards
 - Butterfly 50 yards
 - Breast stroke
 - Freestyle flip turn
 - Back stroke flip turn
 - Butterfly flip turn
 - Breast stroke flip turn
 - Circle swimming
 - Swim 500 yards using front crawl, back crawl, breast stroke or butterfly

Diving

- Students will be learning to dive.(9 and up)
- Skills
 - Diving rules
 - Diving Approach
 - Tuck Dive
 - Pike Dive
 - Twist Dive
 - Back Dive

Ages are not a limit, just a suggestion

Parent & Tot	6mo- 3 years
Beginner	3- 4 years
Intermediate	5-9 years
Advanced	9years & up
Pre-Swim Team	9years & up
Diving	8years & up

Level Comparison

<u>Red Cross</u>		<u>Farmington Pool</u>
Parent & Tot	↔	Parent & Tot
Pre School 1	↔	Beginner 1
Pre School 2/3	↔	Beginner 2
Level 1	↔	Intermediate 1
Level 2	↔	Intermediate 2
Level 3	↔	Intermediate 3
Level 4	↔	Advanced 1
Level 5	↔	Advanced2

Levels are not exactly the same please read through the levels and choose the level that works.



Swim Lessons

Farmington City Pool

2017 Session Dates

Session 1 June 5-15

Session 2 June 19-29

Session 3 July 3-13*

*No Lessons on July 4th Lesson on Friday July 7th

Session 4 July 17-28

*No Lessons on July 24th Make up on Friday, July 28

Session 5 July 31-Aug. 10

Times

8:00 - 8:40 AM

8:45 - 9:25 AM

9:30 - 10:10 AM

10:15 - 10:55 AM

11:00 - 11:40 AM

Cost

Resident: \$32.00

Non-Resident: \$42.00

For more info:

Call: Winter: 801-451-0953

Summer: 801-451-5179

Register: Winter: 720 W. 100 N.

Summer: 142 S. Main Street

Online: www.farmington.utah.gov

Parent & Tot

- Students will be working on water adjustment. The class will teach parents how to help their child be comfortable in and around water. Parents are required to be in the water with their child. (Ages 6mo-2 years)
- Skills
 - Enter & Exit the water using ladder, side or beach entry
 - Enter the water feet first from the side
 - Blow bubbles (mouth and nose)
 - Water exploration
 - Front float
 - Back float
 - Front crawl kick
 - Back crawl kick
 - Front crawl arms
 - Back crawl arms
 - Front crawl with support
 - Back crawl with support
 - No test completion certificate

Beginner 1

- This is for students with little to no experience in the water. They must be able to leave parents and follow instructions. (3 years)
- Entry Test:
 - Has a minimum age of 3 years old
 - Is comfortable standing in hip deep water
 - Not too afraid to wander and walk around the shallow end of the pool without the hand of a teacher
- Skills:
 - Enter & Exit the water using ladder, steps or side
 - Blow bubbles through mouth and nose
 - Retrieve submerged object 3 times in chest deep water
 - Front float 5 seconds
 - Back float 5 seconds
 - Back glide
 - Roll from front to back
 - Roll from back to front
 - Front crawl kick 5 yards
 - Back crawl kick 5 yards
 - Front crawl arms 5 yards
 - Back crawl arms 5 yards
 - Front crawl 5 yards
 - Back crawl 5 yards
 - Elementary Backstroke 5 yards
 - Breaststroke arms
- Exit Test
- Is able to pick up 3 toys from the bottom of the pool in hip deep water
 - Very comfortable blowing bubbles with mouth and nose submerged
 - Is comfortable laying back in the water and submerging ears
 - Will attempt to push off into a glide without support

Beginner 2

- This level starts by having all skills with support and by the end of the level the students should be able to pass off the skills without support. (3 to 4 years)
- Entry Test:
 - walk in up to chest deep water
 - Submerge nose and ears
 - Be able to try to float on their back without support
- Skills
 - Fully submerge face 5 seconds
 - Retrieve submerged object 3 times in chest deep water fully submerging face
 - Front float 5 seconds
 - Back float 5 seconds
 - Front glide 3 yards
 - Back glide 3 yards
 - Roll from front float to back float
 - Roll from back float to front float
 - Front crawl kick 5 yards
 - Back crawl kick 5 yards
 - Front crawl arms 5 yards
 - Back crawl arms 5 yards
 - Front crawl 5 yards
 - Back crawl 5 yards
 - Elementary Backstroke 5 yards
 - Breaststroke arms
- Exit Test (all skills are without support)
 - Attempt and succeed at front crawl and back crawl
 - Fully submerge face with comfort and retrieve objects
 - Float on back for 5 seconds

Intermediate 1

- Students are gaining more independence. They will work on being able to swim greater distances with front crawl and back crawl. Start learning rhythmic breathing. (5 to 6 years)
- Entry Test
 - Front crawl independently with strong strokes with face completely submerged
 - Front and back float without support
 - Glide without support with face fully submerged
- Skills
 - Enter water by feet first jump
 - Fully submerge face 5 times
 - Retrieve submerged object 5 times in chest deep water fully submerging face
 - Front float 10 seconds
 - Back float 10 seconds
 - Stand up from a front float
 - Stand up from a back float
 - Front glide 5 yards and recover
 - Back glide 5 yards and recover
 - Treading in shoulder deep water
 - Front crawl 5 yards
 - Back crawl 5 yards
 - Rhythmic breathing front crawl
 - Elementary backstroke 5 yards
- Exit Test
- Front crawl for 5 yards with attempts at rhythmic breathing
- Elementary backstroke kick without support
- Front and back glide without support

Intermediate 2

- Students will be learning elementary back stroke, treading in deep water and starting kneeling dive. This is the first level students will enter the deep end. (7 to 8 years)
- Entry Test
 - Front crawl with rhythmic breathing 5 yards
 - Back crawl 5 yards
 - Treading in shoulder depth
- Skills
 - Push off the wall in a streamline position on front
 - Push off the wall in a streamline position on back
 - Rotary breathing (front crawl)
 - Front crawl 10 yards w/rotary breathing
 - Back crawl 10 yards
 - Elementary backstroke kick
 - Elementary backstroke arms
 - Combined elementary backstroke 5 yards
 - Breaststroke kick
 - Bobbing while moving to safety
 - Treading in deep water
 - Diving rules
 - Kneeling dive
- Exit Test
 - Elementary back stroke 5-10 yards
 - Kneeling dive
 - Front and back stroke 10 yards with rhythmic breathing

Intermediate 3

- Students will be working on swimming distance. This helps with endurance and stroke perfection. (8 to 9 years)
- Entry Test
 - Front and back crawl 10 yards with ease
 - Treading in deep water
 - Elementary backstroke 10 yards without stopping
- Skills
 - Front crawl flip turn
 - Back crawl 15 yards
 - Elementary back stroke 10 yards
 - Breaststroke kick
 - Breaststroke arms
 - Breaststroke 5 yards
 - Butterfly kick
 - Sidestroke kick
 - Stride and standing dive
- Exit Test
 - Front and back crawl 15 yards continuously
 - Standing and stride dive
 - Breaststroke 5 yards
 - Know the steps of butterfly and have basic actions down